

Supplementary Material 6: Qualitative interview schedule in Phase 2

Topic guide for participants after receiving the intervention:

Experiences of receiving Acceptance and Commitment Therapy

1. How would you describe your experience of Acceptance and Commitment Therapy?
 - a. *Prompts: Would you describe it as a positive or negative experience? Why?*
2. How helpful did you find Acceptance and Commitment Therapy?
 - a. *Prompts: What was helpful or what did you most like about it?*
 - b. *Prompts: What was not helpful or what didn't you like about it? Why?*
3. Have you experienced any changes as a result of receiving Acceptance and Commitment Therapy?
 - a. *Prompts: Changes in how you think about things?*
 - b. *Prompts: Changes in how you feel about life?*
 - c. *Prompts: Changes in your day-to-day life?*
 - d. *Prompts: Changes in your health or well-being?*
 - e. *Prompts: Changes in your relationships with your partner, relatives or friends?*
 - f. *Prompts: Changes in your leisure activities or hobbies?*
 - g. *Prompts: Changes in your occupational or voluntary activities?*
4. How easy to understand was Acceptance and Commitment Therapy in terms of its philosophy and different elements?
 - a. *Prompts: What made sense? What was confusing? Why?*
5. To what extent do you think Acceptance and Commitment Therapy met your needs?
 - a. *Prompts: Did it meet your expectations of therapy?*
 - b. *Prompts: Did you get all that you had hoped to get out of therapy? Why/why not?*
 - c. *Prompts: To what extent do you think it was suitable for who you are?*
 - d. *Prompts: What was acceptable? What was not acceptable? Why?*
6. What difficulties did you experience participating in Acceptance and Commitment Therapy?
 - a. *Prompts: Difficulties attending the sessions? Understanding the sessions? Completing the home practice?*
7. What did you think about the practical aspects of how the therapy was delivered?
 - a. *Prompts: Number of sessions?*
 - b. *Prompts: How frequently you met?*
 - c. *Prompts: Setting in which therapy was delivered?*
8. What helped you feel involved in Acceptance and Commitment Therapy?
 - a. *Prompts: Relationship with therapist?*
 - b. *Prompts: Setting?*
 - c. *Prompts: Type of therapy?*

9. Was there anything that made it difficult to get involved in Acceptance and Commitment Therapy?
 - a. *Prompts: Having to travel to clinic? Not enough time? Physical health problems? Other hospital appointments? Too much effort? Lacking energy? Having to care for another person? Type of therapy?*
10. Would you recommend Acceptance and Commitment Therapy to a friend who was experiencing similar difficulties to you?
 - a. *Prompts: Why (if yes)? Why not (if no)?*

Changes to Acceptance and Commitment Therapy

11. What would you like to change about Acceptance and Commitment Therapy?
 - a. *Prompts: Specific aspects of therapy? A different type of therapy?*
12. What would you like to change about the practical aspects of Acceptance and Commitment Therapy?
 - a. *Prompts: Different location? More/fewer sessions? Different frequency of sessions?*

Other questions

13. Do you have any other comments about Acceptance and Commitment Therapy?
 - a. *Prompts: Is there anything else you would like to add that we have not talked about?*

Future studies

14. If Acceptance and Commitment Therapy is found to be acceptable to older people with GAD and feasible to deliver in the NHS, then we will apply for funding for a larger-scale study that will test how effective it is. This would involve comparing Acceptance and Commitment Therapy to a control condition such as the usual care that is provided by your GP or CMHT. What would you think about participating in a larger scale study of effectiveness?
 - a. *Prompts: Any concerns?*
15. In this type of study, participants would be chosen at random to have either Acceptance and Commitment Therapy or the control condition (whatever that was). What would you think about this?
 - a. *Prompts: Would being chosen at random to have either Acceptance and Commitment Therapy or the control condition affect whether you agreed to take part in the study? Why (if yes)? Why not (if no)?*
 - b. *Prompts: How would you feel if you were told that you had not been chosen at random to have Acceptance and Commitment Therapy?*
16. Thinking back to how you were recruited into the study and how you consented to take part in the study, how did you find this process?
 - a. *Prompts: Is there anything that we could change about this process?*
17. Thinking back to the questionnaires that you completed at the beginning and the end of the study, how did you find completing them?
 - a. *Prompts: Is there anything that we could change about them?*
 - b. *Prompts: Was there anything that you were expecting to be asked about but weren't?*

18. Thinking back to how you completed the questionnaires at the beginning and the end of the study (i.e. in person, over the telephone, or via post), how did you find this process?
- a. *Prompts: Is there anything that we could change about this process? Offer the opportunity to complete the questionnaires online?*

Topic guide for therapists after delivering the intervention:

Experiences of delivering Acceptance and Commitment Therapy

1. How would you describe your experience of delivering the intervention?
 - a. *Prompts: Positive experience? Negative experience? Why?*
2. What did you like or not like about delivering the intervention?
 - a. *Prompts: What did you like about it? What did you find helpful?*
 - b. *Prompts: What didn't you like about it? What didn't you find helpful? Why?*
 - c. *Prompts: Were there some aspects that worked better than others? Aspects that didn't work?*
3. How easy was it to deliver the intervention?
 - a. *Prompts: Did you have any anxieties/concerns about delivering ACT at the outset?*
 - b. *Prompts: What was easy? What was difficult?*
4. How understandable was the intervention to the older people you were working with?
 - a. *Prompts: What was understandable? What was confusing? Why?*
5. How suitable do you think your clients found the intervention?
 - a. *Prompts: What seemed to be acceptable? What was less acceptable? Why?*
6. Was the intervention particularly suited to some clients more than others? If yes, what do you think this was related to?
 - a. *Prompts: Demographic characteristics? Readiness to change? Familiarity with psychological concepts? Cognitive abilities?*
7. What changes did you see in the older people that you worked with over the course of the intervention?
 - a. *Prompts: Emotional? Behavioural? Cognitive?*
8. What difficulties did you experience during the delivery of the intervention?
 - a. *Prompts: Clients not attending sessions? Clients or yourself not understanding the intervention? Clients not completing the home practice?*
9. What did you think about the practical aspects of delivering the intervention?
 - a. *Prompts: Number of sessions? Frequency of sessions? Setting in which therapy was delivered?*
10. What helped clients engage with the intervention?
 - a. *Prompts: Relationship with therapist? Setting? Type of therapy?*
11. What barriers were there to clients engaging with the intervention?
 - a. *Prompts: Clients having to travel to clinic? Clients not having enough time? Clients' physical health problems? Clients' hospital appointments? Too much effort for clients? Clients lacking energy? Type of therapy?*
12. Would you recommend the intervention to other therapists for this client group?
 - a. *Prompts: Why (if yes)? Why not (if no)?*
13. How did the intervention meet your expectations as a therapist?

- a. *Prompts: Did you achieve all that you had hoped to achieve as a therapist with the intervention? Why/why not?*
- 14. Have you experienced any changes in your professional work as a result of delivering the intervention?
 - a. *Prompts: Changes in your clinical practice?*
- 15. How did you find the experience of delivering ACT within the context of a research study?
 - a. *Prompts: Did this present any difficulties?*
 - b. *Prompts: Did it help in any way?*
 - c. *Prompts: Anything that you think could have been done differently?*
- 16. What helped you deliver ACT to this client group?
 - a. *Prompts: Supervision?*
 - b. *Prompts: Past experience?*
 - c. *Prompts: Peer support?*
 - d. *Prompts: Training?*

Changes to Acceptance and Commitment Therapy

- 17. What would you like to change about the intervention?
 - a. *Prompts: Specific aspects of therapy? A different type of therapy?*
 - b. *Prompts: What would you like to change about the manual?*
- 18. How could engagement with the intervention be optimised?
 - a. *Prompts: Provide support in between sessions? Involve more people?*
- 19. What would you like to change about the practical aspects of the intervention?
 - a. *Prompts: Different location? More/fewer sessions? Different frequency of sessions?*

Other questions

- 20. Do you have any other comments about the intervention?
 - a. *Prompts: Is there anything else you would like to add that we have not talked about?*

Future studies

- 21. If Acceptance and Commitment Therapy is found to be acceptable to older people with GAD and feasible to deliver in the NHS, then we will apply for funding for a larger-scale study that will test how effective it is. This would involve comparing Acceptance and Commitment Therapy to a control condition such as the usual care that is provided by the GP or CMHT. How do you think older people with GAD would feel about participating in a larger scale study of effectiveness?
 - a. *Prompts: Any concerns?*
- 22. In this type of study, participants would be chosen at random to have either Acceptance and Commitment Therapy or the control condition (whatever that was). What do you think about this specifically in relation to older people with GAD?

- a. *Prompts: Do you think being chosen at random to have either Acceptance and Commitment Therapy or the control condition would affect whether potential participants agreed to take part in the study? Why (if yes)? Why not (if no)?*
- b. *Prompts: How do you think potential participants would feel if they were told that they had not been chosen at random to have Acceptance and Commitment Therapy?*

23. What do you think this control condition should look like?

- a. *Prompts: Usual care that is provided by the GP or CMHT? Another form of therapy? A support group? Self-help information? Why?*